SPRING THE GLEN LIBRARY (LEN (THE) SPRINGS DEC. 71--1898 WATKINS GLEN, N. Y.





THE GLEN SPRINGS, LIBRARY WATKINS, N. Y. SURGEON GENERAL'S OFFICE

DEC.-1,--1898

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Persons suffering from Tuberculosis, or from any other contagious or offensive disease, Epileptics and persons afflicted with any form of Insanity, are not received at The Glen Springs.

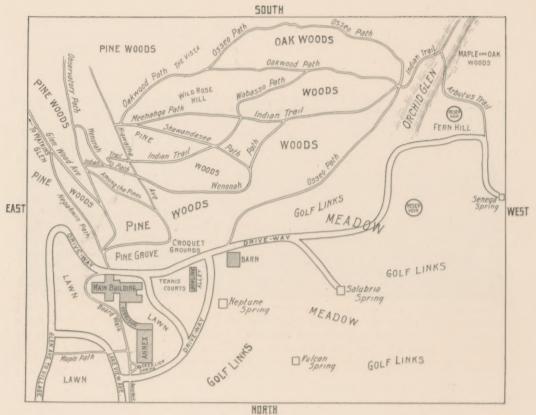


VIEW OF SENECA LAKE AND THE VILLAGE OF WATKINS, FROM THE GLEN\*SPRINGS.

# THE GLEN SPRINGS.

# SITUATION.

N deciding upon this location the management feel that they have chosen wisely. This region has long been noted for the purity of its water, its freedom from malaria, and its dry and equable climate. Seneca Lake is one of the most remarkable bodies of water known. It is fed by deep springs and has only frozen over twice in the last century. For beauty of scenery and richness of coloring it has no superior; its shores are grand and picturesque, the sides thickly wooded in places, in others covered with fruit orchards and vineyards. This vast body of water, nearly forty miles long and from two to four miles wide, exerts an unquestioned influence in purifying and invigorating the air, tempering it in winter, and cooling and refreshing it in summer. A remarkable feature of this region is the great number of its sunny days during the fall, winter and spring. Persons familiar with the cloudy, grey skies in localities nearer the Great Lakes will be agreeably surprised at the great amount of sunshine which prevails in this section. The record for 365 days has shown that there were only fifty-five cloudy days. The Glen Springs stand upon a broad plateau three hundred feet above the lake, whose winding course it overlooks for nearly thirty miles. It is surrounded by pine forests and backed by an amphitheatre of hills rising in regular terraces to nearly 1,500 feet. At the foot of the hill, less than a quarter of a mile away, lies the village of Watkins, with its churches, shady streets and beautiful homes, while the entrance to the famous Watkins Glen, and the landing of the Seneca Lake steamers, are both within seven minutes' easy walking distance.



THE GLEN SPRINGS PARK.

The Glen Springs Park comprises sixty acres of woodland and lawn about equally divided, and one can wander for miles over well-built walks, obtaining from almost every point grand and beautiful vistas of lawn, lake, forest and glen. Within the park are bowling alleys, tennis courts, croquet grounds and golf links. Pleasant drives abound in every direction, while to those who prefer the water, the fine large steamers of the Seneca Lake Navigation Co., plying six times a day between Geneva and Watkins, afford every comfort and luxury. Good fishing is found in Seneca Lake, and within easy driving distance, over good roads, one can reach Keuka, Lamoka, Cayuta and Little Lakes, all famous fishing resorts. The open waters of Seneca Lake afford good duck shooting all winter, and an abundance of quail, partridge and squirrel offer excellent shooting during the season.







ON INDIAN TRAIL.



VIEW OF SOUTH ENTRANCE, FROM THE PINE GROVE.



GLEN WOOD AVENUE AND OBSERVATORY PATH.

# THE MAIN BUILDING,

heated by steam and lighted by electricity and gas, consists of four stories and a basement, constructed in the most substantial manner of brick and stone, with floors deadened with cement. It faces the east, thus commanding the genial morning sun, and the grateful afternoon shade, while its situation upon a broad plateau renders all rooms, rear as well as front, equally healthful. A safety hydraulic elevator connects every floor, from the basement to the roof, and electric bells run from every room to the main office. There are three large parlors on the first floor, in one of which is a pool table for the use of both ladies and gentlemen. Besides these there is a reading room and library, and also a gentlemen's billiard and smoking room.

THE ANNEX.—A new building completed in 1891. It is heated by steam and lighted by gas and electricity. The rooms are arranged in suite and provided with all modern conveniences. Private bath rooms are attached to a number of suites.

The main building and annex are connected by a wide corridor or solarium inclosed in glass and heated in cold weather by steam, so that both buildings are practically under one roof. This corridor or solarium affords ample space for exercise in stormy weather, and is a very unique and attractive feature of the place. It commands at every point magnificent views of both lake and forest.

A special feature of the Glen Springs Solarium is its location near the ground. It is a well-known fact that many in health experience an uncomfortable and often giddy sensation at a considerable height in an open or glass enclosed solarium, and this sensation is greatly intensified in those suffering from chronic diseases especially nervous and dyspeptic troubles. Experience has shown that the majority will forego the benefits of a solarium, rather than to go to one situated on top of a building. Recognizing these facts, we constructed our solarium near the ground and have been highly satisfied with results.

In its sanitary arrangements the institution is as perfect as money and care can make it. There are three distinct systems of sewerage, all guarded, trapped and ventilated in the most effective manner. As no soil pipes pass under the house, there is no possibility of sewer gas infection.



FROM WILD ROSE HILL.

### MINERAL SPRINGS.

It is a well-known fact to the medical profession that, while there are in this country mineral springs of equal value as remedial agents to those in Belgium, France and Germany, physicians have been obliged to send their patients abroad, because, with few exceptions, our springs are not supplied as they are in those countries with institutions where a thorough and scientific use is made of their mineral properties.

The management of The Glen Springs believe they have met a great need in establishing an institution in which the most advanced medical treatment is employed, and at the same time the valuable mineral waters known as "The Glen Springs" can be enjoyed to their fullest extent,

The waters which have given reputation and name to this beautiful location are equal to any of the kind found in Europe. There are four large mineral springs located upon the grounds, which are used for drinking and baths



SHORE OF SENECA LAKE.

#### SENEGA SPRING.

#### ANALYSIS.

One U. S. gallon of 231 cubic inches contains:	
Calcium Carbonate	9.90 Grains.
Calcium Sulphate	
Magnesium Carbonate	2 20 66 .
Sodium Chloride.,	0.13
Silica	Trace,
Oxide of Iron	Trace,
Total Solids	. 12.66 Grains,
This water is entirely free from organic matter.	

S. A. LATTIMORE,

Professor of Chemistry, University of Rochester.

This spring is situated 200 feet higher than the buildings. It flows menty 100,000 gailous per day of deliciously cold, pure water, which is conducted into two large received, from which it is distributed through mains to all the buildings for general domestic purpose.

### NEPTUNE SPRING.

### ANALYSIS.

# Specific gravity 1,133. Salinometer 67°-

One U. S. gallon of	Drine	yields 1.0	oz ios, oi sait.	One ganon or this i	brine contains!	
Chloride of Calcium						3,400.08 Grams,
Chloride of Magnesium,						635.67 **
Chloride of Sodium						6,368.33
Iodide of Sodium						Trace.
Bromide Sodium						
Iron and Alumina						

10.503.08 grs. per gal.

This immediffers in an interest of the state of the state

#### S. A. LATTIMORE,

Professor of Chemistry, University of Rochester.

This is a brine spring, originating about seventeen hundred feet below the surface of the earth, and contains the principal ingredients of the famous brine springs of Nauheim, Rehme and Jaxtfelt.

The water of this spring is of great value, especially for bathing. It belongs to the class of Iodo Bromated Brines. It is free from sulphate of lime and is very rich in chloride of calcium. No other spring in this country contains more than one-fourth as much of this valuable medicinal salt, which Professor W. H. Thompson and Dr. Sidney Ringer have shown to be especially efficient in the treatment of glandular and rheumatic troubles, and which the Drs. Schott, of Nauheim, have shown to be of such great value in the treatment of chronic diseases of the heart.

Neptune Brine Baths have proved of great efficacy in the treatment of rheumatism, gout, lumbago, neuralgia, sciatica and the different painful diseases of the nervous system. By charging Neptune Brine with carbonic acid gas, a water in every way similar to that used in the celebrated Nauheim Baths is obtained. The Neptune Brine contains a greater proportion of chloride of calcium than that of Nauheim—a most essential element in waters of this class.

We are, therefore, able to give the treatment for chronic diseases of the heart as given at Nauheim.

This water is also employed very largely in the Mineral and Electro-Chemical and Electro-Vapor Baths, Douches, Sprays, etc.





MEENAHGA PATH, FROM WILD ROSE HILL.



ON ARBUTUS TRAIL,

### DEER LICK SPRING.

#### ANALYSIS,

One U. S. gallon of 23t cubic:	inches contains :	
Chloride of Sodium		114.7561 Grains.
Cilioride of Fotassitim		
Bromide of Sodium		
rodide of Sodium		0.0362 "
Suiphate of Potassa		Traces.
Bicarbonate of Lithia		Traces.
bicarbonate of Ammonia		1.0841 Grains,
Bicarbonate of Iron		1.7257
bicarbonate of Lime		41.7667 " 19.2804 " 0.3382 "
Bicarbonate of Magnesia,		10.2804 44
Alumina		0.3182 11
Phosphate of Soda		I races.
Silica		0.6415 Grains.
	Total Calif.	

#### CHAS. F. CHANDLER, PH. D.,

School of Mines, Columbia College, New York.

The water of this spring is clear and sparkling, without rolor, and with a slightly astrongent, mildly saline taste. It contains, in addition to sochum chloride, tron, rodine and bromme, and hence is classified with the Ferrated Iodo Bromated Muriated Springs. The water is rich in that valuable constituent, carbonic acid gas, which has been appropriately called "The Spring of Springs." The spring occupies the site of an ancent deer lick. The Indiany recognizing its valuable qualities, had creeted a log curbing around it remains of which were found during intemperate excavations. Deer Lick resembles, in many respects the waters of Kreuziao h. Hall, Durchheim and Kraukenbeit. According to Prot. Chandler's analysis, it racks higher to drubbing purpose than any of these tamous springs. Waters incher in salines than the blood must be difficult a force using. This is the objection to most of the foreign fodo Bromated Springs, world Deer Lick is sufficiently diluted for drinking as it emerge from the certh.

This water possesses tome, alterative, diuretic and mildly operant propertie. The ura in Deet Lick Spring is in the form of a carbonate, which all outborittes agree is one of the fact form of iron for internal administration.

The use of waters of this class results in an improvement of the appetite and digestive processes. Tissue metabolism is premoted, and the red globules of the blood increased. This being the physiologic effect of their administration they are recommended by all authorities in the treatment of anemia, chlorosis, hysteria, neurasthenia, chronic diseases of the kidneys, glycosuria and diabetes, and in various diseases peculiar to women, such as chronic endometritis, dysmenorrhea, amenorrhea, etc.



SENECA LAKE AT HECTOR FALLS,

HECTOR FALLS.



AMONG THE PINES.



GOLF LINKS, FROM FERN HILL.

### VULCAN SPRING.

ANALVSIS

One U. S. gallon of 231 cubic inches contains:		
Calcium Carbonate		29.80 Grains
Magnesium Carbonate		F1 37 ''
fron Carbonate	· Control of the cont	1.87
Sodium Unforide		Trace
A unite		Trace
Silica		
Total Mineral Constituents		192,10 Grains
This water also contains much carbonic acid gas.		
	S A LATTIMORE	

Professor of Chemistry, University of Rochester.

This is also a clear sparking, water, and issue from the rock at a depart of roctor. It belongs to the same class of mineral waters as those of the Kis muon Spa. Take the Kis alogen, it is somewhat alterative, directly form, and inhally mentered. In good, this class of vater proves a crull by exciting the secretion of the nitratives, kidney, and the kin, thereby reducing the advance placehood, eliminating the goody poison and premating the little proves a first live between highly resonance and of a scrottial through the Lebels of all lives and so the Lore Lith are presentable, in chronic catairth of the storms in almost of definite stormless, descent conjugates and externally in various swellings of the glandular organs.

### SALUBRIA SPRING.

ANALYSIS.

One U. S. gallon	of	231	ı c	ubi	c i	nc	he	5 C	011	tai	ns								
Sodium Chloride													 		 ٠			196,28	Grains
Calcium Carbonate																		19.68	
Magnesium Carbonate												 						0.05	6.6
Silica								0											Trace.
																		No.	

S. A. LATTIMORE, Professor of Chemistry, University of Rochester. This spring issues from the rock at a depth of 250 feet and belongs to the class of Muriated Alkaline Springs. In composition it resembles in some respects the waters of Vichy, Tachingen and Bilin, but is more closely related to the waters of Kissingen, Hemburg, Wiesbaden, Baden, Baden, Mondorf, Constatt and Sodan. It also resembles the waters of Saratoga. The taste of the water is quite similar to Kissingen. It has a stimulating effect upon the mucous membranes of the body, especially upon those of the stomach and bowels. This class of waters, according to the leading authorities, when taken into the stomach dissolves the mucus, and by increasing the secretion of gastric juice and bile, promotes the absorption of food. This is probably enhanced by the well-known property of sodium chloride upon osmosis. In large doses these waters are purgative. They aid tissue building by increasing both constructive and destructive metamorphosis. They are used extensively in Europe in the treatment of catarrhal processes, especially of the stomach and bowels, also in chronic inflammation of the pharynx, stomach, duodenum and bile ducts, in constipation, in congestive affections of the abdominal and pelvic organs, chronic endometritis, hepatic and splenic congestion, chronic inflammatory diseases of the respiratory tract, obesity, scrofula, gout, rheumatism and neuralgia.

### MEDICAL STAFF.

James K. King, M. D.,
College of Physicians and Surgeons, N. Y.
Miss Caroline F. J., Rickards, M. D.,

Woman's Medical College, Philadelphia.

HERSEY G. LOCKE, M. D.,

College of Physicians and Surgeons, N. Y. ISAAC W. BREWER, M. D.,

Columbian University, Washington.









FROM THE VISTA.



FROM THE VISTA.

### TREATMENT.

By means of these waters we are able to give all the various forms of Iron and Salt Bailis which have obtained such wide popularity in the different continental health resorts. Most gratifying results have been obtained from the use of the Hot Nitital Britis Bailis and Life tro-Britis Bailis in the treatment of gout, theumatism, neuralgia, sciatica, and the different painful diseases of the network system. We also give the Carronalida Nitital Britis Bailis, as given at the celebrated Nauheim Baths, for chronic diseases of the heart us this bath requires the personal attention of a physiciam, an extra charge is made for this form of treatment). One of the reasons, indeed, that univered the present company to borate at Watkins, was the belief on the part of the physicians, that these springs possess valuable medicinal properties.

In connection with the above special teatures. The Glen Springs is thoroughly equipped with all the latest and most approved therapeutic appliances usually found in such institutions, including Turkish, Russian, Koman, Electro-Thermal and Electro-Chemical Buths, Vacuum Treatment, Dr. Laylor's Swedish Movements, etc. Massage, Electricity in every form, including Faradic, Calvanic, Static and Flectro-Massage, are given by skilled attendants.

### DIET.





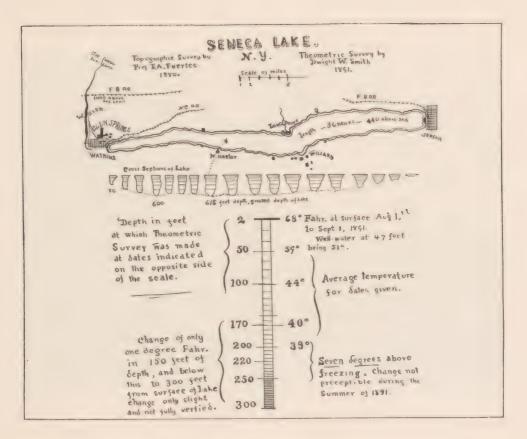
VIEW OF SENECA LAKE FROM NORTH PIAZZA OF ANNEX.

The N= 1m. M is a Keard, of June 20th, 1801, published a map showing "the extent of hay fever" in the Lastern and Central States. The Glen Springs is situated in nearly the center of a belt in which hay fever does not prevail, according to this map. The freedom from this discuss experienced by a number of long-established cases that have spent the summers with us, and the absence of la grappe during the past winters, contain the correctness of the author's map so far as the region about the head of Seneca Lake is concerned.

The map on the opposite page is made up from a topographic survey of Senera Like made by Prof. E. A. Lucites, of Cornell University, Director of the Meteorological Bureau of the State of New York, and a theometric survey by Rev. Dwight W. Smith. There are only two other lake in the world (one in Seathand and one in South American possessing similar characteristic. Senera Lake is shown by these surveys to be the coldest lake in North America, and one of the docport It maintains, at a depth of 200 feet, a uniform temperature of only 7 above freezing throughout the year. The column of cool air which is constantly rising from its surface account for the above of fogs, the clear skies and the coolness and treshness of the surrounding atmosphere in unmor The temperature of the water is so low that evaporation is very slight, rendering the air unit unfly tree from humidity, and making it desirable for all throat and catarrial treables, while at the same time its coolness is particularly adapted to nervous troubles. Insonnia is rare here

The great depth of the lake and the chief water supply coming from springs, account for its not freezing, and for the mild and equable climate, during the winter mouths.

These features all tend to make The Glan Springs the most destrable and beneficial outer in the 2 in the north. It is an all year-round climate and many diseases are treated more successfully in winter than in the summer. Especially is this true of diseases of the stomach, bowel and nervous system. I specience has shown that gynecological cases are treated more successfully in winter than summer.





WILD ROSE HILL.



FROM WILD ROSE HILL.

# PRICES.

These vary according to the size, location and furnishings of rooms, from \$25.00 to \$35.00 per week. Rooms with private both room extra. Where two persons occupy the same room the price for both will vary between \$40.00 and \$50.00 per week. Special prices made, on application for children and servants. The above prices include medical attention and freatment. The Nauherm treatment, special freatment of the eye, car, nose or throat, hight attendance, medicines and meals in room, are extra.

### ROUTE.

From New York, take the Fire, or Delaware & Luckawanna K. K. to Elmira, changing there to the Northern Central for Watkins, or, the New York Central to Lyons, changing there to the Fall Brook.

From Albany and New England points, take the Chicago sleeper via the Delaware and Hudson for Flimma, changing there to the Northern Control for Watkins; or, the Boston & Albany and New York Central to Lyons, changing there to the Fall Brook.

From Philadelphia, Baltimore, Washington and the South, take the Northern Central direct to Watkins,

From Cinemani, St. Louis and the Southwest, take the Southwestern Limited via the "Big Four Route" direct to Rochester, changing in Union Depot to Northern Central for Watkins.

From Chicago, the West, and Northwest, take the Lake Shore or Michigan Central to Rochester, changing there as above.

The Northern Central R. R. is devisioned the Pennsylvania System) runs from Rochester to Baltimore, Philadelphia and Washington, controlling 44 Roche 4cc in Union Depot with the New York Central, West Shore, Machigan Central, Lake Shore and "Big Lour Rocate", at Canandulgua,

with the Auburn Branch of the New York Central; at Elmira, with the Frie and Delaware & Lackawanna; at Harrisburg, with the main line of the Pennsylvania R. R., and at Washington, with routes for the South.

The Fall Brook Railroad has a depot about a mile and a half from Watkins. This road connects at Lyons with the main line of the New York Central; at Geneva with the Auburn branch of the New York Central, and at Corning with the Eric and Delaware & Lackawanna. A transfer bus meets all Fall Brook trains. The Lehigh Valley R. R. has a depot at Burdette, about two miles from Watkins. Passengers coming by the Lehigh Valley or Fall Brook are advised to telegraph for a carriage to meet them.

The Glen Springs coach meets all day trains on the Northern Central R. R.

For further particulars, address,

WM. E. LEFFINGWELL, Manager, WATKINS, N. Y.

It gives us great pleasure to be able to refer, by special permission, to the following physicians:

# NEW YORK CITY.

Dr. Francis Delafield, 12 W. 32d Street.

Dr. Landon Carter Gray, 6 E. 49th Street.

Dr. Edward G. Janeway, 36 W. 40th Street.

Dr. Charles L. Dana, 50 W. 46th Street.

Dr. J. Montford Schley, I E. 42d Street.

Dr. Henry F. Walker, 8 E. 30th Street.

Dr. Sidney F. Wilcox, 51 W. 52d Street.

Dr. L. Bolton Bangs, 29 E. 44th Street.

Dr. Henry Clarke Coe, 27 E. 64th Street.



UNBOW FALLS, WATKINS GLEN.



POOL OF THE NYMPHS, WATKINS GLEN.

We would respectfully refer to the persons whose names are hereto appended and who have either been guests or have had members of their families at The Glen Springs. None of the person-have been consulted as to the use of their names, but any of them, if approached at proper time, would doubtless give any information they may possess about The Springs.

# New York.

New York City. — Mr. Conrad Jordan, Mr. and Mrs S. H., Kissam, Mrs. Geo. White Field, Dr. Albert Warren Ferris, Col. and Mrs. F. W. Armstrong, Mr. and Mrs. F. Bianchi, Dr. and Mrs. George W. Jacoby, Mrs. Chas. S. Robinson, Mrs. Franklin Gaylord, Mr. and Mrs. John D. Rockefeller, Mr. and Mrs. Jno. A Hardenburgh, Mrs. S. S. Cox, Dr. A. J. McCosh, Mr. and Mrs. I. E. Holbrook, Mr. and Mrs. T. D. Jordan, Dr. H. H. Piffard, Mr. and Mrs. Frederick Cromwell, Mr. and Mrs. James Benkard, Rev. Dr. W. D. Buchanan, Mr. and Mrs. Wm. H. Fearing, Mr. and Mrs. Edward E. Poor, Miss Anne Brown.

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POUGHKEEPSIE.—Capt. and Mrs. W. H. Bixby (U. S. Army), Mr. and Mrs. Wm. T. Reynolds.

TROY - Rev. Arthur H. Allen, Mr. J. E. Schoonmaker.

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ELMIRA.—Judge and Mrs. Walter Lloyd Smith, Rev. Dr. and Mrs. George McKnight, Hon. and Mrs. J. Sloat Fassett.

MANLIUS.—Mr. and Mrs. E. U. Scoville. PLATTSBURGH,—Hon. Smith M. Weed. UTICA.—Mr. and Mrs. Jno. M. Crouse. COOPERSTOWN.—Mr. and Mrs. G. Hyde Clarke.



ORCHID GLEN.



FERN HILL

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DEER PARK .- Mr. Thornton T. Perry.



FROM SENEGA SPRING.

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NEWARK.—Judge and Mrs. David H. Depue, Hon, and Mrs. S. C. Halsey.

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Bellows Falls .- Mr. Cushing Adams.

# Washington, D. C.

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PERU.—Mr. C. A. Parsons, Mrs. Jas. H. Felter.

AURORA -Mr. and Mrs. Seth Stedman, Hon, and Mrs. R, J, Wymond,



FROM WILD ROSE HILL

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SAGINAW -- Mrs. David H. Jerome, Hon. and Mrs. Ezra Rust.

# Tennessee.

CHATTANOOGA.—Gen. Willard Warner. KNONVILLE.—Mr and Mrs J. Tipton, Col. and Mrs. James L. Gaines.

### Ohio.

CLEVELAND,—Mr. and Mrs. D. E. Helman, Dr. C. B. Humiston, Dr. and Mrs. S. A. Boynton, Mr. and Mrs. Geo. Kinney.

AKRON.-Miss L. Janette Latham.

CHILLICOTHE —Mrs. Amos Smith, Mr. and Mrs. F. S. McKell.

CINCINNATI — Rev. Dr. and Mrs. Henry Preserved Smith, Mr. and Mrs. H. G. Pounsford, Mrs. A. P. Bullock, Bishop Boyd Vincent.

COLUMBUS —Mr. and Mrs. Geo. W. Sinks, Col. and Mrs. A. B. Coit.

DAYTON .- Mr. and Mrs. Thos. Corwin.

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